

## Resources

- **N.C. Center for Safer Schools:**  
[www.centerforsaferschools.org](http://www.centerforsaferschools.org)
- **N.C. Initiative to Reduce Underage Drinking:**  
[www.reduceunderagedrinking.com](http://www.reduceunderagedrinking.com)
- **U.S. Department of Health and Social Services:**  
[www.stopbullying.gov](http://www.stopbullying.gov)
- **Centers for Disease Control and Prevention:**  
[www.cdc.gov/ViolencePrevention/youthviolence/electronicaggression/index.html](http://www.cdc.gov/ViolencePrevention/youthviolence/electronicaggression/index.html)
- **Pacer's National Bullying Prevention Center:**  
[www.pacer.org/bullying/nbpm/](http://www.pacer.org/bullying/nbpm/)
- **American Federation of Teachers:**  
[www.aft.org/yourwork/tools4teachers/bullying/](http://www.aft.org/yourwork/tools4teachers/bullying/)
- **Brain Works Project:**  
[www.copingskills4kids.net/](http://www.copingskills4kids.net/)
- **Campus Safe Magazine:**  
[www.campussafetymagazine.com/article/7-Ways-You-Can-Address-Bullying-at-Your-School](http://www.campussafetymagazine.com/article/7-Ways-You-Can-Address-Bullying-at-Your-School)

## Schedule a Presentation

To bring awareness to the issue of bullying and ways to combat it, the North Carolina Center for Safer Schools, in partnership with the North Carolina Initiative to Reduce Underage Drinking, has developed a Bullying Awareness presentation for adults working with school-aged children.

Contact the North Carolina Center for Safer Schools to schedule a professional presentation for your administrators, teachers or community leaders



[www.centerforsaferschools.org](http://www.centerforsaferschools.org)  
**919-324-6394**

**NORTH CAROLINA**  
initiative to reduce  
**UNDERAGE** drinking  
[www.reduceunderagedrinking.com](http://www.reduceunderagedrinking.com)  
**919-779-0800**



**North Carolina**  
**Department of Public Safety**

## Bullying Awareness: Helping to Achieve a Bully-Free NC



## The North Carolina Center for Safer School's Guide to Recognizing and Preventing Bullying



**North Carolina**  
**Center for Safer Schools**

## What is Bullying?

Bullying is an often underreported problem that includes repeated harmful acts with a real or perceived imbalance of power that creates a climate of fear. Bullying can range from threats, name calling and physical altercations up to actions that may rise to the level of criminal categories such as harassment, hazing or assault.

Bullying generally falls under three categories: verbal, social/psychological and physical. Cyberbullying is verbal and/or social aggression carried out through technological means.

The CDC reports an estimated 30 percent of U.S. students, in grades 6 through 10, were either a bully or a target of bullying. Victims of bullying suffer from a wide range of psychological and school-related problems, including depression, anxiety, low self-esteem, chronic absences and trouble concentrating.

## What Causes Bullying?

The most commonly cited factors that may lead to bullying include: a need for power or attention; problems at home; attempts to be thought of as cool or funny; a lack of adult supervision; jealousy; an aggressive personality; and revenge.

### What Can Be Done?

Students, teachers and parents should become informed about what constitutes bullying, what behaviors are unacceptable, and that anyone who witnesses incidents should speak up and/or intervene. Several programs have anti-bullying components and the Qlweus Bullying Prevention Program is an evidence-based program designed to intervene and reduce bullying behaviors.

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## Bullying Statistics

- In North Carolina, 20 percent of high school students report being bullied in the past 12 months.
- Nearly 60 percent of N.C. high school students have witnessed bullying in their school over the past 12 months.
- In 2013, 13 percent of N.C. high school students reported being the victims of some form of electronic bullying over the past 12 months. This was down from nearly 16 percent in 2011.
- Nationally, 60 percent of middle school students say that they have been bullied, while only 16 percent of staff believes that students are bullied.
- 30 percent of students who reported they had been bullied said they had at times brought weapons to school.
- Bullying was a factor in 2/3 of the 37 school shootings reviewed by the U.S. Secret Service.
- In schools where bullying prevention programs exist, bullying is reduced by 50 percent.